

Vegetable Chili Boat

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canola oil		3 Tbsp		1/3 cup 2 tsp	1. Heat oil. For 25 servings, use a large stock pot. For 50 servings, use one roasting pan/square head pan (20 7/8"x 17 3/8" x 7") on top of stove.
*Fresh onions, diced	11 1/4 oz	2 1/3 cups	1 lb 6 1/2 oz	1 qt 2/3 cup	
*Fresh green bell peppers, diced	8 1/4 oz	1 1/2 cups	1 lb 1/2 oz	3 cups	2. Sauté onions and green peppers for 2-4 minutes. Add beans and chili powder. Stir well. Cook for 1-2 minutes.
Canned low-sodium pinto beans, drained, rinsed	10 1/2 oz	1 1/2 cups (1/4 No. 10 can)	1 lb 5 oz	3 cups	
OR	OR	OR	OR	OR	
*Dry pinto beans, cooked (See Notes Section)	10 1/2 oz	1 1/2 cups	1 lb 5 oz	3 cups	
Canned low-sodium kidney beans, drained, rinsed	10 3/4 oz	1 2/3 cups (1/4 No. 10 can)	1 lb 5 1/2 oz	3 1/3 cups	
OR	OR	OR	OR	OR	
*Dry kidney beans, cooked (See	10 3/4 oz	1 2/3 cups	1 lb 5 1/2 oz	3 1/3 cups	

Canned low-sodium black beans, drained, rinsed	1 lb 3 oz	2 1/4 cups	2 lb 6 oz	1 qt 1/2 cup	
OR	OR	OR	OR	OR	
*Dry black beans, cooked (See Notes Section)	10 3/4 oz	2 1/4 cups	2 lb 6 oz	1 qt 1/2 cup	
Chili powder	2 1/2 oz	1/4 cup 2 Tbsp	5 oz	3/4 cup	
Canned low-sodium diced tomatoes	1 lb 5 1/2 oz	2 1/2 cups (1/4 No. 10 can)	2 lb 11 oz	1 qt 1 cup (1/2 No. 10 can)	3. Add diced tomatoes, stock, and hot sauce. Bring to a boil over medium-high heat. Reduce heat. Simmer uncovered for 10 minutes.
Low-sodium chicken stock		1 qt 1/3 cup		2 qt 2/3 cup	
Hot sauce		1 tsp		2 tsp	
Canned low-sodium tomato paste	9 oz	1 cup (1/3 No. 2 1/2 can)	1 lb 2 oz	2 cups (2/3 No. 2 1/2 can)	4. Add tomato paste and mix well. Cook for an additional 10 minutes. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds. 5. Pour into serving pans. 6. Critical Control Point: Hold for hot service at 135 ° F or higher.
Reduced-fat Cheddar cheese,	3 1/2 oz	1 cup	7 oz	2 cups	

Low-fat mozzarella cheese, low-moisture, part-skim, shredded	3 1/2 oz	1 cup	7 oz	2 cups
Low-sodium tortilla chips	9 oz	62 chips	1 lb 2 oz	124 chips

7. Portion with 6 fl oz ladle (3/4 cup) into an 8 oz paper boat or bowl. Garnish with 2-3 chips and 1 tablespoon cheese blend.

Notes

Our Story

Cedar Cliff High School is committed to preparing students to be responsible adults. The school seized the competition as an opportunity to involve students, parents, and community members in a real-life challenge of creating a nutritious recipe kids enjoy.

The recipe team, which included a chef, a student team member, and the school nutrition professional, created the Vegetable Chili Boat recipe. It was selected by over 250 students, and survey results indicated the majority of the students would purchase it again. This recipe packs a punch with southwest flavor! It is a delight to the eye and a fiesta for the mouth!

Cedar Cliff High School

Camp Hill, Pennsylvania

School Team Members

School Nutrition Professional: Todd Stoltz

Chef: Thomas Long, CEC AAC (Executive Chef, Sodexo at Holy Spirit Hospital)

Community Member: Jaci Scott (Family and Consumer Science Teacher)

Student: Tessa L.

$\frac{3}{4}$ cup provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate, $\frac{1}{4}$ cup red/orange vegetable, and $\frac{1}{4}$ cup oz equivalent grains.

OR

Legume as Vegetable: $\frac{1}{4}$ oz meat alternate, $\frac{1}{8}$ cup legume vegetable, $\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{1}{4}$ oz equivalent grains.

legume vegetable but not as both simultaneously.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans.

Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans.

Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water.

Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within anadditional 4 hours.

1 lb dry pinto beans = about 2 W cups dry or 5 ¼ cups cooked beans.

1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	13 oz	1 lb 10 oz
Green bell peppers	11 oz	1 lb 6 oz
Dry pinto beans	3 oz	6 oz
Dry kidney beans	7 oz	14 oz
Dry black beans	8 oz	1 lb

Serving	Yield	Volume
3/4 cup (6 fl oz ladle) provides: Legume as Meat Alternate: 3/4 oz equivalent meat alternate, 1/4 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 oz equivalent grains.	25 Servings: about 9 lb 50 Servings: about 18 lb	25 Servings: about 1 gallon 2 cups 50 Servings: about 2 gallons 1 quart

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Nutrients Per Serving					
Calories	141.07	Saturated Fat	1.16 g	Calcium	117.93
Protein	7.26 g	Cholesterol	4.28 mg		mg
Carbohydrate	20.72 g	Vitamin A	1226.43	Sodium	159.49
Total Fat	4.2 g		IU		mg
		Iron	1.73 mg	Dietary Fiber	5.04 g